

Abstract

The invention relates to a method of food and insulin dose management for a diabetic subject, comprising:

- 5 providing an intended insulin unit value or an intended carbohydrate unit value representing the amount of insulin or carbohydrate intended for intake by the subject; and
- 10 determining the balance value of either insulin units or carbohydrate units needed to balance with the provided unit value and maintain blood sugar in the subject in a target blood sugar range.